


Monday	Tuesday	Wednesday	Thursday	Friday
Pasta Jambalaya w/Chicken, Beef and Shrimp Cut Sweet Potatoes Green Beans Fruit Cocktail Whole Grain Rye Bread Apple Juice & Milk 3	Lemon Garlic Baked Chicken Maple Glazed Carrots Fresh Tangerine Pasta Salad Wheat Bread Pineapple Juice Milk 4	Sweet & Sour Meatballs Served over Rice Green Beans Fresh Tossed Salad Whole Wheat Bread Tropical Fruit Milk 5	Italian Cold Cut Meat Provolone Cheese on Sub Roll Lettuce & Tomato Potato Salad Cole Slaw Fruit Cocktail Fruit Juice & Milk 6	Pepper Steak White Rice Corn Whole Grain Dinner Roll Pineapple Chunks Cranberry Juice Milk 7
Pulled Pork BBQ Hamburger Roll and Lettuce Seasoned Greens Fresh Pear Fruit Punch Lentil Spinach Soup Milk 10	Baked Potato Bar with Chili con Carne & Shredded Cheddar Cheese Tossed Salad w/Dressing Wheat Bread Applesauce Fruit Juice & Milk 11	Chicken Teriyaki Nuggets w/Gravy and Brown Rice Glazed Carrots Fruit Cocktail Whole Wheat Bread Grape Juice Milk 12	Lasagna Roll w/Marinara Sauce Kale Applesauce Wheat Bread Orange Juice Milk 13	Meatball Sub Mozzarella Cheese Green Beans Split Pea Soup Fresh Seasonal Fruit Tomato Juice Milk 14
Cranberry Juice Corned Beef Boiled Red Potatoes Steamed Cabbage Steamed Carrots w/Dill Corn Muffin White Cake Milk 17	Meatloaf w/Gravy Mashed Potatoes Succotash Fresh Orange Wedges Wheat Bread Applesauce Milk 18	Sliced Turkey w/Gravy Sweet Potatoes Peas Multi Bean Salad Sliced Fresh Apples Dinner Roll Cranberry Juice Milk 19	Beef & Multi Bean Chili Served over Rice Pilaf Mixed Vegetables Fresh Pears Whole Wheat Bread Orange Juice Milk 20	Egg Salad Cold Plate On a bed of Fresh Spinach Potato Salad Split Pea Soup Pineapple Tidbits Pita Bread Grape Juice Milk 21
BBQ Beef Tips Served over Rice Pilaf Steamed Baby Whole Carrots 3 Bean Salad Wheat Bread Mandarin Orange Sections Pineapple Juice & Milk 24	Rigatoni & Meatballs In Tomato Sauce Fresh Tossed Salad Salad Dressing Sliced Fresh Apples Wheat Bread Apple Juice Milk 25	Chicken Stew w/Peas & Carrots Biscuit Brown Rice Fresh Tangerine Grape Juice Milk 26	Tuna Salad Cold Plate Served on Fresh Tossed Salad w/Peach Slices & Fresh Grape Tomatoes Whole Wheat Crackers Navy Bean Soup Milk 27	Salisbury Steak w/Gravy Mashed Potatoes Fresh Pear Corn Dinner Roll Tomato Juice Milk 28
Sliced Pork Loin w/Gravy Sauerkraut Mashed Potatoes Hot Blueberry & Pear Crisp Whole Wheat Bread Apple Juice Milk 31	<div>  <h1>MARCH 2014</h1> <p>Each meal costs the FCDOA Nutrition Program \$4.80, your contributions per meal helps make more meals possible</p> </div>			

~Menus subject to change~